

Resilience Assessment – Part 1

I often feel like a victim with little or no control over what happens to me.

- ☐ Completely true
- ☐ Mostly true
- ☐ Somewhat true/false
- ☐ Mostly false
- ☐ Completely false

What doesn't kill us makes us stronger.

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree/disagree
- ☐ Disagree
- ☐ Strongly disagree

We can overcome painful childhood memories and lessen their influence on our behavior and emotions.

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat agree/disagree
- ☐ Disagree
- ☐ Strongly disagree

You hear through the grapevine that one of your friends is hosting a huge birthday bash on the weekend. You rush out and buy a great gift...but the invitation never comes! You find yourself at home alone watching reruns on Saturday night. The next Monday everyone is talking about the great party. What's your reaction?

- ☐ I feel terribly hurt, but never admit it to anyone. It bothers me for days.
- ☐ I am annoyed and demand to know why my friend didn't invite me.
- ☐ I am angry and no longer consider him/her a friend.
- ☐ I assume it was just a mix-up and forget about it.
- ☐ I feel a little hurt, and approach my friend and nicely ask why I wasn't invited.
- ☐ I feel hurt but time will heal the wounds.
- ☐ I feel hurt but make a joking comment to my friend about it so it doesn't seem like a big deal.
- ☐ I feel depressed and think about it for weeks.
- ☐ I don't care and don't think about it.

You've been working your butt off at work and your boss has finally taken notice. You're sure a promotion is coming any day. When you arrive at the office on a Monday morning, however, you find out that your co-worker got the promotion... so you're stuck in the same old grind. How do you react?

- ☐ I get angry and confront my boss aggressively; it's not fair!
- ☐ I get angry but don't say anything to my boss. It eats away at me for a few weeks.
- ☐ I feel frustrated and decide not to get my hopes up anymore, since things never work out.
- ☐ I'm very disappointed, but feel too uncomfortable to ask my boss about it.
- ☐ I'm disappointed but think there must be a reason. I talk to my boss and ask what I need to accomplish in order to advance.
- ☐ I quit my job and lick my wounds for months.
- ☐ I don't give it a second thought - all is fair in love and work!

When you think about the most difficult times you have faced in the past, what is your first thought?

- ☐ "I'm so angry!"
- ☐ "I can't think about it without getting physically ill!"
- ☐ "Thank God that's behind me!"
- ☐ "I wouldn't necessarily want to live it again, but I learned a lot from it."
- ☐ "It's some kind of miracle that I survived it; I couldn't do it again."
- ☐ "Why do these things happen to me? Life is so unfair!"

How would you describe the evolution of your self-esteem over the years?

- ☐ It has increased with time and is at the highest it has ever been.
- ☐ It's getting worse and worse.
- ☐ I've experienced ups and downs, but generally I like myself.
- ☐ I don't like myself very much and never have.

How strong, overall, do you feel you are emotionally?

- ☐ Strong as an ox - I can survive anything.
- ☐ I'm usually strong, but I have moments of vulnerability.
- ☐ Strong in some ways, vulnerable in others.
- ☐ I'm somewhat strong, but I lean more towards vulnerable.
- ☐ I'm very vulnerable.

☐ To be truthful, I can't stand on my own two feet.

You arrive at work/school a bit early one morning, and on the way to your office/class you overhear two co-workers/classmates that you don't know very well discussing YOUR character flaws! What do you do?

- ☐ I leave it alone; I don't really care what they think.
- ☐ I leave it alone; I accept that I cannot possibly please everybody.
- ☐ I confront them and tell them that I don't appreciate their behavior.
- ☐ I go in the bathroom and let some steam out (by crying/screaming/hitting the wall) but never say anything to them.
- ☐ I complain to my supervisor/principal that they are spreading rumors about me.
- ☐ I go home and call in sick for the rest of the week.
- ☐ I get my revenge by spreading nasty rumors about them.
- ☐ I quit school/my job.

How long does this event linger in your mind?

- ☐ Maximum five minutes
- ☐ Less than an hour
- ☐ No more than half the day
- ☐ All day
- ☐ A couple days
- ☐ Most of the week
- ☐ All week
- ☐ Over a week